

# Patrika

## Chinmaya Mission Los Angeles

MARCH 2016

### INSIDE THIS ISSUE:

**Upcoming Events**  
**Thus Spake The Master**  
**Words Of The Wise**  
**THINK!**  
**For The Record**  
**Holi Celebrations**  
**Annual CORD Walkathon**  
**Mahashivaratri Celebrations**  
**Swamiji @ Irvine Valley College**  
**Santiago Peak Hike**  
**Kalanjali Presents Music Forever**

**CMLA Website**  
**CM West Website**  
**CORP**  
**Chinmaya Audio Gallery**  
**e-Satsangs**  
**Chinmaya Channel**  
**Lectures Archive**  
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## Upcoming Events

Valmiki Ramayana Discourse Series by Swami Ishwarananda	Apr 4 - Apr 8	6:30 am - 7:30 am 7:30 am - 8:30 pm
<b>Sri Rama Navami Celebrations</b> <b>Nav-din Parayan of Tulsi Ramayana</b>	Apr 7 - Apr 15	9:30 am - 12:30 pm
<b>'On A Quest' Movie Screening @ USC</b>	Apr 8	6:30 pm - 9:00 pm
<b>Sri Rama Navami Celebrations</b> <b>Cultural Events for Children</b>	Apr 9	2:00 pm - 6:00 pm
<b>Sri Rama Navami Celebrations</b> <b>Sri Rama Puja and Cultural Events</b>	Apr 15	6:30 pm - 8:30 pm
<b>Bhagavad Geeta Chanting Competition</b>	Apr 23	8:30 am - 2:30 pm
<b>India Fest Celebration</b>	Apr 23	5:00 pm - 8:00 pm
<b>CHYK Retreat: Finding Your Balance</b>	May 27-30	
Bhagavad Gita Discourse Series by Swami Ishwarananda	Every Sunday	9:00 am - 10:15 am 12:00 pm - 1:15 pm
Bhaja Govindam Discourse Series by Acharya Mahadevan	Every Sunday	9:00 am - 10:15 am 12:00 pm - 1:15 pm
Guided Vedic Chanting by Swami Ishwarananda	Every Saturday	6:30 am - 7:30 am

[TOP](#)

## Thus Spake The Master

*Tomorrow, we will be what we are now, plus what and how we have faced life's challenges today. This is the law of cosmic justice.*

- Swami Chinmayananda

[TOP](#)

## Words Of The Wise

*Samsara will be there as long as you dance along. The moment you really want to get out of the cycle, help comes.*

- Swami Tejomayananda

[TOP](#)

## THINK!

### Journey without Destination

*Life of a liberated soul is*

*A journey without destination!*

*All travelers are his friends*

*Others are anxious about destination*

*He travels with no worry whatsoever*

*He enjoys the company of everyone*

*Happy even if no one is present*

*He revels in the joy within and without*

*In his presence all are delighted*

*For, he suffers no ego and nothing to let go!*

- Swami Ishwarananda

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[TOP](#)

## FOR THE RECORD

**"Knowledge from the hands of one Master to another"**



[TOP](#)

## CMLA Has A Colorful Day Out

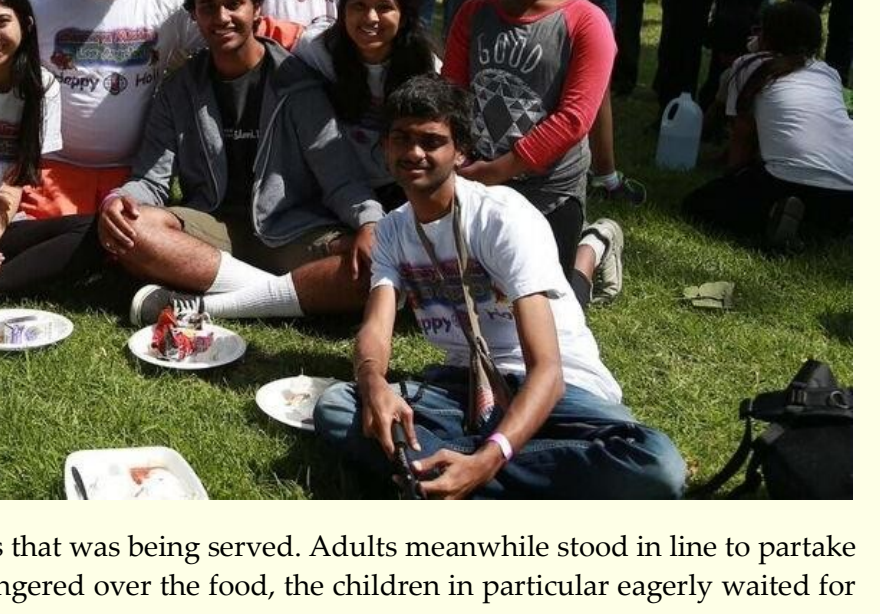
- By Khyati Bhat

Kids ran around laughing with abandon while adults, discovering the child in them gleefully chased down others to shower them in a rainbow of colors.

Over 900 people from all the centers that make up CMLA gathered with their families and friends at Miles Square Park in Fountain Valley to enjoy the festival of colors. And did they enjoy the day of Holi!

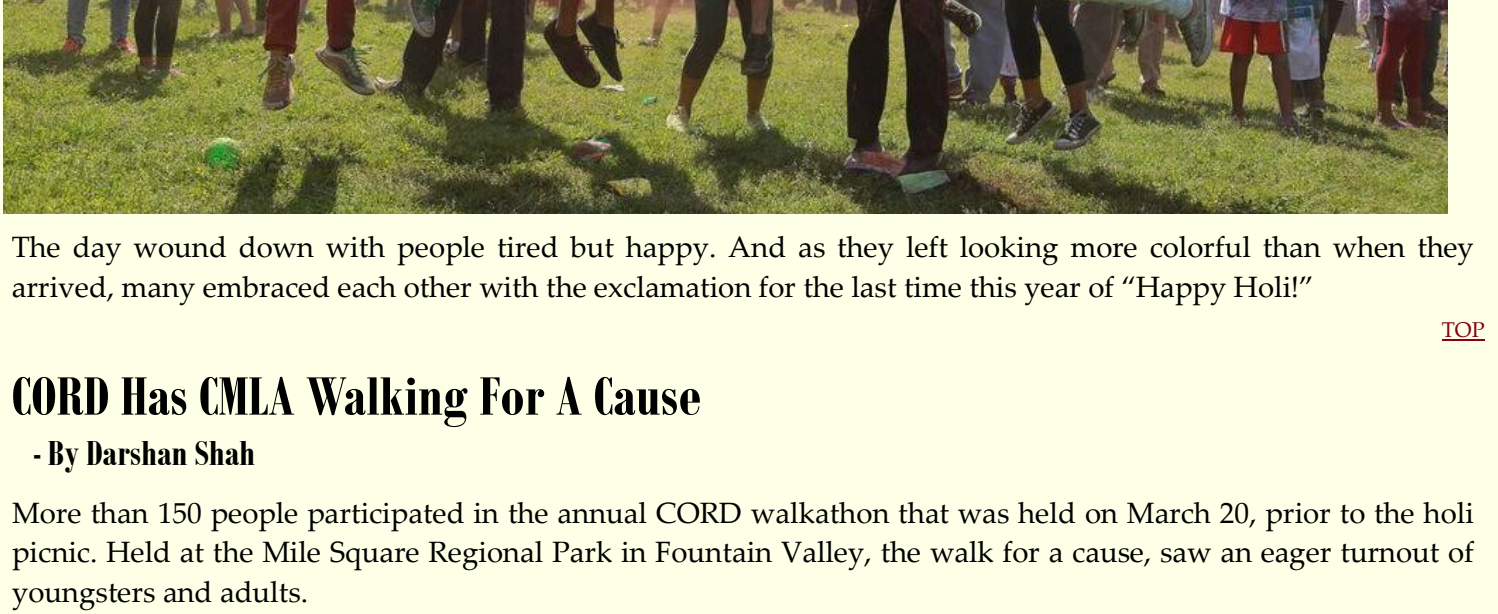
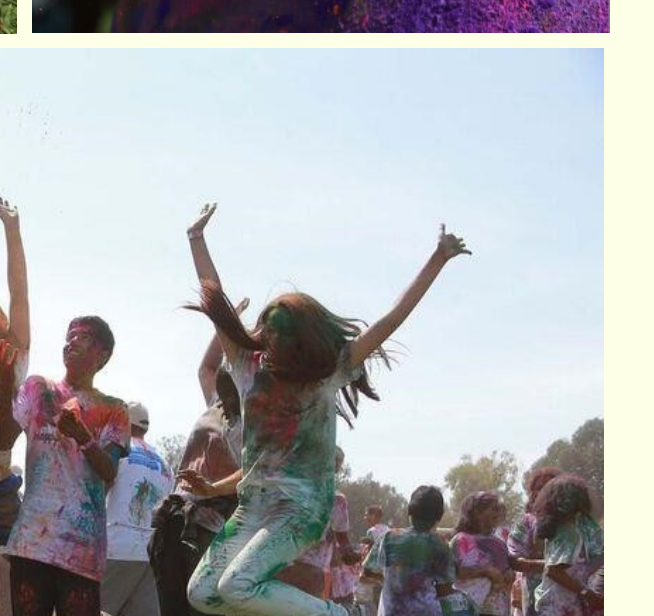
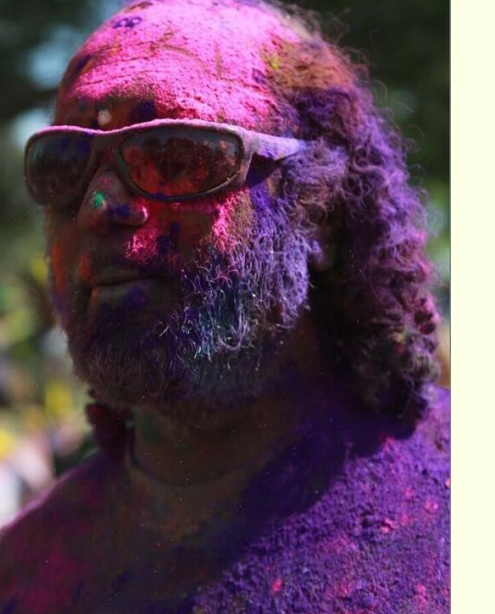
The day began early with volunteers coming in early to set up the registration, organize the individually bagged colors, ready for the games and of course, the snacks and food. By 9am people began trickling in and within the hour, the crowds swelled with CMLA members happily greeting those from all centers.

Swamiji and Acharya Mahadevanji added to the spirit and enthusiasm of all by participating in this event like every year. Along with them, young and old participated in a games of spoon and marble, musical chair, kiddie basket ball, hoop rings, tug of war, sack and the three legged races, football and soccer – all sports events evocative of what the adults engaged in while in India.



Kids then rushed to gobble the pizza and chips that was being served. Adults meanwhile stood in line to partake of a delicious Indian food meal. While some lingered over the food, the children in particular eagerly waited for the distribution of the colors.

Dynamic and energetic volunteers ensured the smooth functioning of this ensuring that everyone in the crowd was able to avail of the dry powders.



The day wound down with people tired but happy. And as they left looking more colorful than when they arrived, many embraced each other with the exclamation for the last time this year of "Happy Holi!"

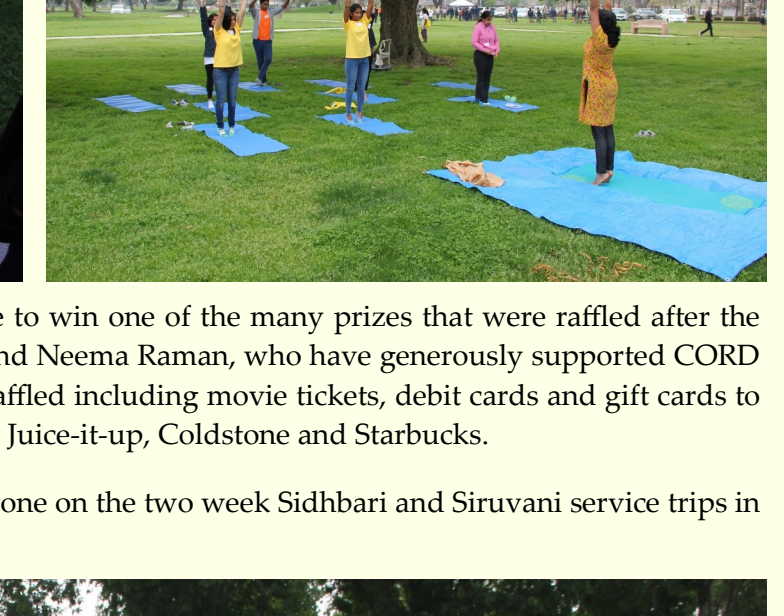
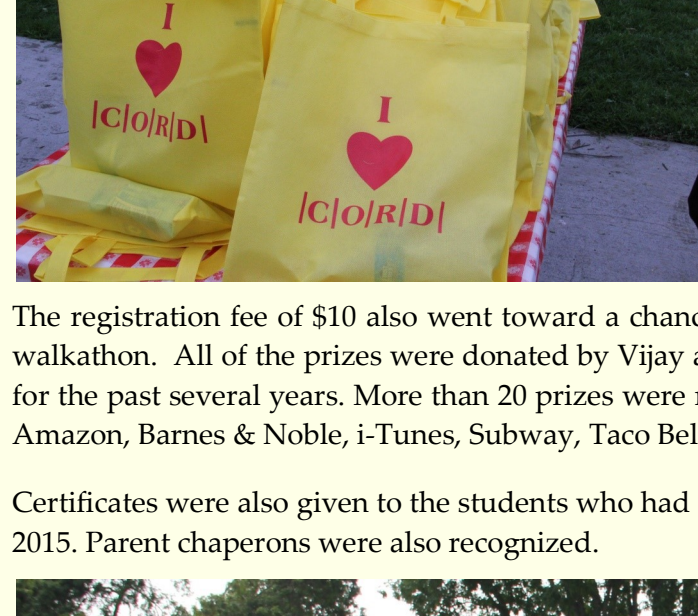
[TOP](#)

## CORD Has CMLA Walking For A Cause

- By Darshan Shah

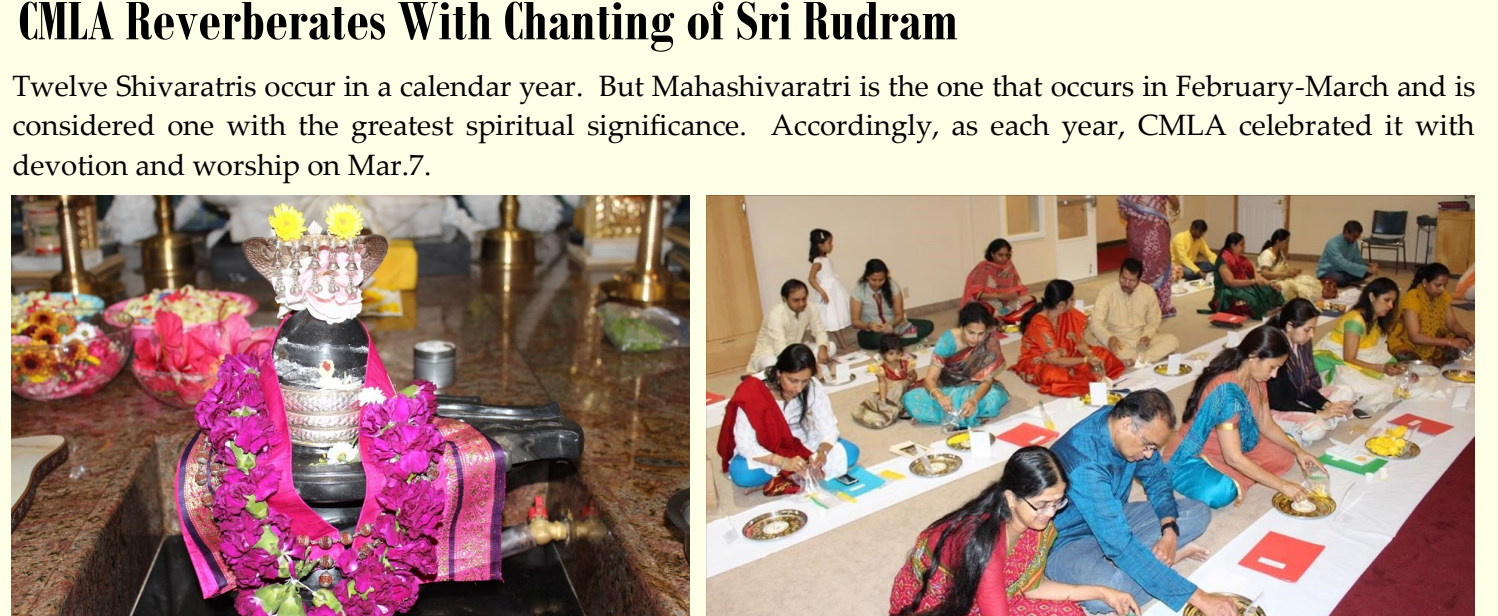
More than 150 people participated in the annual CORD walkathon that was held on March 20, prior to the holi picnic. Held at the Mile Square Regional Park in Fountain Valley, the walk for a cause, saw an eager turnout of youngsters and adults.

Acharya Mahadevanji led the assembled in prayer and then in the walk itself. With a smile and infectious enthusiasm, he did several laps of the half-mile-long marked path. Every person there avowed their support for CORD and said they were there to raise awareness for the programs it supports to alleviate the condition of the needy. As the walkathon went on, many enjoyed morning yoga with yogic postures and pranayama.



The registration fee of \$10 also went toward a chance to win one of the many prizes that were raffled after the walkathon. All of the prizes were donated by Vijay and Neema Raman, who have generously supported CORD for the past several years. More than 20 prizes were raffled including movie tickets, debit cards and gift cards to Amazon, Barnes & Noble, i-Tunes, Subway, Taco Bell, Juice-it-up, Coldstone and Starbucks.

Certificates were also given to the students who had gone on the two week Sidhbari and Siruvani service trips in 2015. Parent chaperons were also recognized.



[TOP](#)

## CMLA Reverberates With Chanting of Sri Rudram

Twelve Shivaratri occur in a calendar year. But Mahashivaratri is the one that occurs in February-March and is considered one with the greatest spiritual significance. Accordingly, as each year, CMLA celebrated it with devotion and worship on Mar.7.



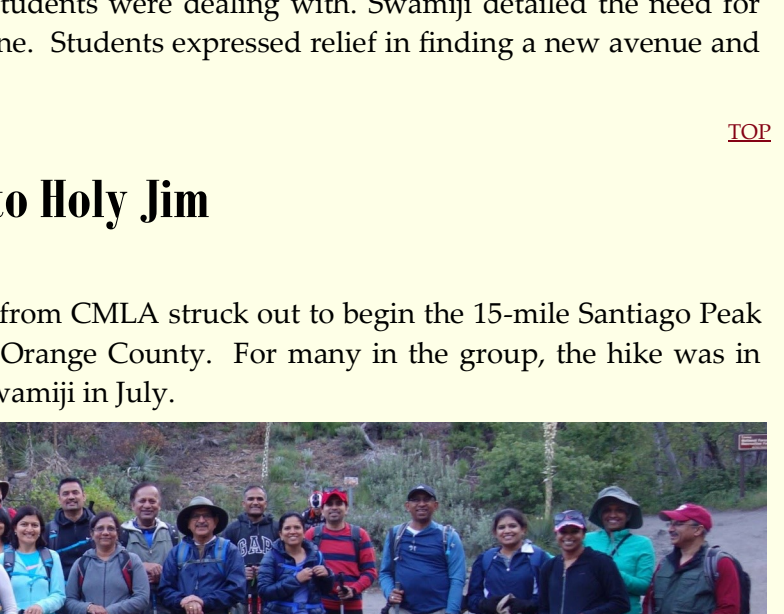
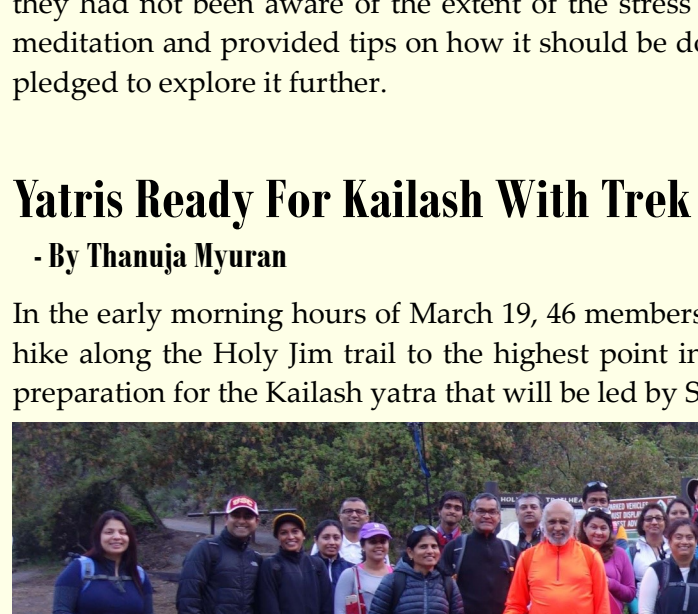
Leading up to the auspicious day, parents and teachers from the different centers took part in performing the Sahasranama archana. The names of the lord were chanted cumulatively 100,000 times with offerings of flowers.

On Shivaratri day, the lord was propitiated with the powerful Ekaadasa Rudra Homa. Led by Pandit Sivaraman, worshippers began with the recitation of Mahanyasam whose purpose is to ready the worshipper by purifying body and mind. Eleven ritviks from CMLA joined in worshipping the eleven forms of Shiva, with each of them taking turns in leading in the chanting of the Sri Rudram. The homam was also done according to prescribed tradition and concluded with poornamahuti. Devotees present circled the holy fire and chanted the shanti mantras in conclusion.

The evening began with the dharma abhishekam with people from the surrounding communities standing in line to offer milk to the shiva linga at the temple altar. Those who came were able to enjoy a dance recital by the Shakti School of Dance who performed pieces related to the lord of dance. The cultural program also included soulful as well as energetic bhajans performed by the Shruti and Swaranjali groups.



The evening Rudra Abhishekam was done to the accompaniment of chanting of the Sri Rudram and Chamakam by the entire congregation. Eleven different dravyas including vibhuti, milk, panchamritam, sandal paste and honey were used to do this, each ingredient bearing a certain significance. At the stroke of midnight, the Mahamangala Arati completed the celebrations.



[TOP](#)

## Irvine Valley College Students Learn About Combating Stress

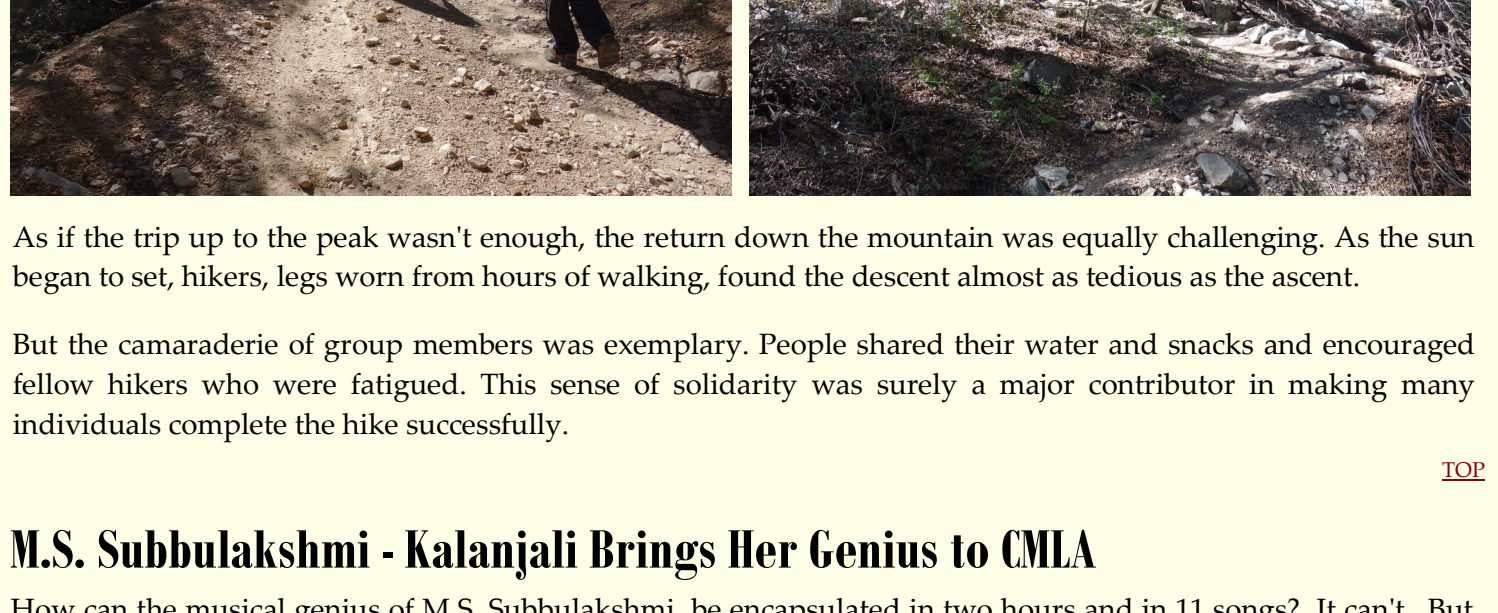
Swami Ishwarananda addressed 45 students of the Irvine Valley College on stress management. After a short talk based on the Bhagavad Gita, Swamiji engaged with the students directly. In the interactive session, students complained of lack of sleep, weight management issues and fatigue. Faculty instructors present commented that they had not been aware of the extent of the stress students were dealing with. Swamiji detailed the need for meditation and provided tips on how it should be done. Students expressed relief in finding a new avenue and pledged to explore it further.

[TOP](#)

## Yatris Ready For Kailash With Trek to Holy Jim

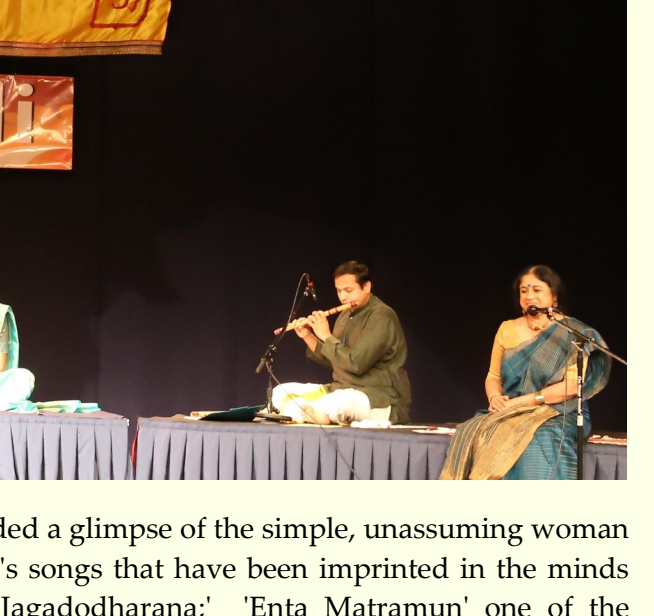
- By Thanuja Myuran

In the early morning hours of March 19, 46 members from CMLA struck out to begin the 15-mile Santiago Peak hike along the Holy Jim trail to the highest point in Orange County. For many in the group, the hike was in preparation for the Kailash yatra that will be led by Swamiji in July.



The day began at 5:30am with trekkers meeting at Chinmaya Rameshwaram then heading off in a caravan of four-wheel vehicles toward the rutted roads of the trailhead. The hike, not an easy one by most standards, took almost six hours, through dusty trails and small creeks.

The climb continued through the afternoon with hikers reaching the peak at various times. Some chose to spend time at the peak while others turned back quickly, pausing only for a brief lunch at the top. From the height of the summit, a carpet of clouds was visible between the lower parts of the Santa Ana peaks. The maximum elevation was about 4000 feet, a formidable feat for anyone.



As if the trip up to the peak wasn't enough, the return down the mountain was equally challenging. As the sun began to set, hikers, legs worn from hours of walking, found the descent almost as tedious as the ascent.

But the camaraderie of group members was exemplary. People shared their water and snacks and encouraged fellow hikers who were fatigued. This sense of solidarity was surely a major contributor in making many individuals complete the hike successfully.

[TOP](#)

## M.S. Subbulakshmi - Kalanjali Brings Her Genius to CMLA

How can the musical genius of M.S. Subbulakshmi be encapsulated in two hours and in 11 songs? It can't. But gracie Dr.Gowri Ramnarayan valiantly tried to do this at a musical event organized by Chinmaya Kalanjali collaborating with the South Indian Music Academy on March 25.

Youthful talent which included vocalists Aditya Prakash and Shushma Somasekharan accompanied by Shreya Devnath on the violin, Radhakrishnan Ramachandran on the flute and Ramesh Babu on tabla and mrdangam provided support to Ramnarayan's tribute to one of India's finest singers.



[TOP](#)



Please send articles and pictures for publication to Nimmi Raj at [nimmicmla@gmail.com](mailto:nimmicmla@gmail.com)

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